



# Adult Special Interest

## Taking the Mystery Out of Investing

(Ages: 16 yrs to Adult)

If you keep hearing about IRAs and Mutual Funds, cd's and certificates, and you don't know what everyone is talking about, this is the class for you. Val will explain just what all these investments are in a way that is understandable to even the novice investor. You don't need a lot of extra money to start on your way to investment savings for big pay offs later. It's never too soon to start, so take the first step with this workshop. You'll be glad you did.

4620.412      Thur, Jun 29      7:00pm-8:00pm  
1 Session at Dorothy Hart Community Center  
\$5 City and Non-City Resident  
Dorothy Hart Community Center  
Instructor: Val Folden, CFP  
Registration begins: 6/6 City   6/13 Non-City



## Making Sense of the College Savings Programs

(Ages: 16 yrs to Adult)

It's never too soon to start a college savings plan. Val Folden, CFP will compare various Prepaid College Savings Plan options offered by the State of Virginia, Educational IRA's, as well as other investment alternative to providing means to pay for the college education of your children or grandchildren. The sooner you start saving, the better!

4620.422      Tues, Aug 1      7:00pm-8:30pm  
1 Session at Dorothy Hart Community Center  
\$5 City and Non-City Resident  
Instructor: Val Folden, CFP  
Registration begins: 6/6 City   6/13 Non-City.



## Digital Camera How-To's

(Ages: 16 yrs to Adult)

Learn tips, tricks and how-tos for using your digital camera. Class includes discussion of storage, batteries, and cameras as well as computer hardware and software. Computer discussion includes sending and receiving pictures via email.

4341.401      Fri, Jul 14 & 21      9:00am - 11:00am  
2 Week Session  
\$60 City, \$70 Non-City Resident  
Dorothy Hart Community Center  
Instructor: Jim Wolf  
Registration begins: 6/6 City   6/13 Non-City

## Paperosis Displacea

(Ages: 16 yrs to Adult)

Sue Marie is a professional organizer, and a member of the National Association of Professional Organizers. She offers treatment plans for "paper-pile-itis," helping you with file and desk management. Be inspired by her practical and workable solutions for managing your ever-increasing paper flow. Find any needed paper in five seconds or less and learn how to have a private secretary - salary free!

2425.305      Sat, Jun 3      9:00am-1:00pm  
1 Session at the Dorothy Hart Community Center  
\$28 City, \$33 Non-City Resident  
Instructor: Sue Marie Bowling, Rx for Order  
Registration has already begun.

## Sculpture Basics for Adults

(Ages: 16 yrs to Adult)

Explore your creative spirit while learning the basics of 3D design. Work in a variety of materials and methods, and study sculpture from all ages. We'll use a variety of materials during class - most of these supplies are included in the class fee.



Students will be asked to bring their own face dust mask, water buckets, and metal carving tools to the 2nd night of class - more information will be discussed the first night. **No previous art experience necessary** - everyone will enjoy discovering the hands-on fun of 3D design.

4090.401      Wed, Aug 2 - Aug 16      6:30pm-8:30pm  
4 Week Session  
\$42 City, \$47 Non-City Resident  
Dorothy Hart Community Center  
Instructor: Laura Allen  
Registration begins: 6/6 City   6/13 Non-City

## Learn to Crochet II

(Ages: 12 yrs to Adult)

For anyone who has took Susanne's Learn to Crochet class this spring or if you have ever made a chain with a crochet hook. We will be exploring granny squares and patterns worked in rounds. Supply list - Please bring one (size H) hook and 2 - 3 small skeins/balls of yarn in complimentary colors.

5063.305 Tue, Jun 6 5:00pm-6:30pm

1 Session each

\$12 City, \$16 Non-City Resident

Dorothy Hart Community Center

Instructor: Susanne Howlett

Registration has already begun.

## Learn to Crochet

(Ages: 12 yrs to Adult)

All supplies included! Just bring yourself and learn how to crochet. Learn the basic stitches and leave our class well on your way to a brand new scarf. Advanced beginners are always welcome.

5063.403 Tue, Aug 15 5:00pm-6:30pm

1 Session each

\$15 City, \$20 Non-City Resident

Dorothy Hart Community Center

Instructor: Susanne Howlett

Registration begins: 6/6 City 6/13 Non-City

## Learn to Knit

(Ages: 12 yrs to Adult)

All supplies included! Just bring yourself and learn how to knit. Learn the basic stitches and leave our class well on your way to a brand new scarf for yourself or someone special. Advanced beginners are always welcome.



4021.402 Tue, Jul 18 5:00pm-6:30pm

5063.104 Tue, Sep 5 5:00pm-6:30pm

1 Session each

\$15 City, \$20 Non-City Resident

Dorothy Hart Community Center

Instructor: Susanne Howlett

Registration begins: 6/6 City, 6/13 Non-City

## Basket Making - Small Plaited Market Basket

(Ages: 16 yrs to Adult)

This is an opportunity to practice your basic weaving skills and work on concepts of basic plaiting, upstating, placing and lashing the rim. Perfect skills you are already working on. Add a dye to finish project. \$15 charge for remainder of supplies which instructor will provide.

4043.410 Sat, Jul 15 9:00am-1:15pm

1 Session

\$36 City, \$41 Non-City Resident, plus \$15 supply fee.

Dorothy Hart Community Center

Instructor: Debby Wells

Registration begins: 6/6 City 6/13 Non-city

## Basket Making - Slate Rock Basket

(Ages: 16 yrs to Adult)

This is a basic class on twining. The basket form is contemporary and the stakes are set in slate rock. The sides are twined and the rim is braided. Add color with dye or add some natural fibers \$15 charge for remainder of supplies which instructor will provide.



4043.412 Sat, Aug 12 9:00am-1:15pm

1 Session

\$36 City, \$41 Non-City Resident, plus \$15 supply fee.

Dorothy Hart Community Center

Instructor: Debby Wells

Registration begins: 6/6 City 6/13 Non-City

## Basket Making - Round Twined Basket

(Ages: 16 yrs to Adult)

This is a must know basket weaving skill. Create a frame for weaving with round reeds, twine the base and sides, braid the rim for a completed project. Color with dye. \$11 charge for remainder of supplies which instructor will provide.

4043.110 Sat, Sep 2 9:00am-1:15pm

2 Week Session

\$32 City, \$37 Non-City Resident, plus \$11 supply fee

Dorothy Hart Community Center

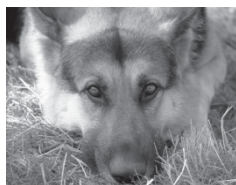
Instructor: Debby Wells

Registration begins: 6/6 City 6/13 Non-City

## Basic Dog Manners

(Ages: 16 yrs to Adult)

Using positive reinforcement methods based on current learning theory and behavior modification techniques, you will learn to teach your dog to respond to the commands - Come, Sit (and Stay), Down (and Stay), and Heel. We will teach dogs that they really can sit-stay when company knocks on the door. We will gently practice laying still on command while adult humans move around the room. We will show dogs that loose leash walking is easy and fun. We will show our dogs that listening and obeying commands will produce praise, petting and delicious rewards. We will show off our obedience skills and our brilliant dogs' hard work with a week five graduation celebration (tricks, prizes and photo opportunities). One friendly dog that you love, a clicker, hot dogs, and lots of praise are all you need for class. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Dogs attend ALL five classes at Dog Dayz. Please request a supply list and class orientation sheet when you register.



4310.401 Wed, Jun 14 - Jul 12 7:30pm-8:15pm  
5 Week Session at Dog Dayz, 1013 Caroline Street  
\$80 City, \$90 Non-City Resident  
Instructor: Sarah Ferrell  
Registration has already begun.

## Ready! Steady! Train! Manners are Fundamental

(Ages: 16 yrs to Adult)

Three week basic skill building class for dogs who need to lay a firm foundation for mastering basic obedience commands. We will practice fundamental manners for all good dogs. This class is offered by request of dog moms and dads who need to come to school but can't fit five weeks into hectic schedules. If you can't join us for the full five week, "Basic" class, this "Fundamentals" class will start you off on the well-trained paw. Your brilliant dogs will learn to sit-stay, lie down, walk on a loose leash, and come when called. Emphasis will be on teaching your dog to pay attention. Let's teach your fine dog that your face is the most interesting sight in his world. Dogs will learn to sit-stay, lie down, and come quickly on your command. We can teach our dogs that walking on a loose leash is fun and possible. All dogs - all levels of training will learn to watch and listen in this class. Dogs attend ALL three classes. Dogs all ages and size are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Please request a supply list and orientation sheet when you register.

4311.306 Wed, Jun 14 - Jun 28 6:30pm-7:15pm  
3 Week Session at Dog Dayz, 1013 Caroline Street  
\$52 City, \$58 Non-City Resident  
Instructor: Sarah Ferrell  
Registration has already begun.

Dog Obedience Classes are held at Dog Dayz of Fredericksburg. Located at 1013 Caroline Street in downtown Fredericksburg. Follow William Street to Caroline Street. Turn left onto Caroline Street. Dog Dayz is two blocks on the right. Park on the street or in the lot on Sophia Street. Please **do not call Dog Dayz** with questions about this class, even cancellation information. **CALL Parks & Recreation, 372-1086, for information on ALL dog classes.** Register at the Community Center, not the store. Call 372-1086 ext. 0.



## Canine Good Citizen Training

### Workshop & CGC Test

(Ages: 16 yrs to Adult)

Heard about the new American Kennel Club award for mixed breeds, pure breeds and ALL well-behaved dogs? Your dog wants to be a Good Citizen! Our Canine Good Citizen training will teach you why and how to become an AKC Canine Good Citizen. You and your canine companion will learn techniques for training (loose lead walking, not jumping up, come, sit-stay, down-stay), hints for passing the AKC CGC test, goals to be set for you and your dog, and how to get and keep the dog's attention on YOU. We will practice the ten obedience tasks of the AKC CGC test each week in class, and we will take the CGC test as our graduation exercise. ALL interested nonaggressive dogs welcome - you do not need to have completed the basic dog manners course, but dogs should know the commands: sit, down, come and have mastered loose lead walking. Dogs attend ALL three classes. Participants in all classes must show current veterinary vaccination at first night's orientation. Pick up a supply list and orientation sheet when you register.



4320.401 Wed, Jul 5 - Jul 19 6:30pm-7:15pm  
3 Week Session at Dog Dayz, 1013 Caroline St.  
\$52 City, \$58 Non-City Resident  
Instructor: Sarah Ferrell  
Registration begins: 6/6 City 6/13 Non-city

Important Note: No aggressive dogs, toward other dogs nor humans may attend these classes. In order to learn in a positive situation and pay close attention to the owner every dog need to feel safe, in a non-threatening environment. Any dog who growls or shows his teeth is not appropriate for these group classes.



**Heart Saver CPR & First Aid Certification**

(Ages: 16 to Adult)

This course will cover CPR & First Aid for adult, children and infants. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the written test you will receive certification for this class. \*Optional books may be purchased for \$10.

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2110.325	Mon, Jun 19	9:30am-3:30pm
2110.408	Thur, Jul 6	9:30am-3:30pm
2110.410	Thur, Aug 31	9:30am-3:30pm

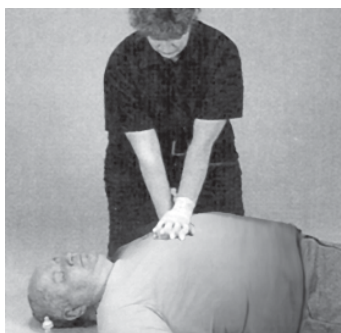
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1 Session each at the Dorothy Hart Community Center  
\$40 City or Non-City Resident

Instructor: Tim Carpenter

Registration has already begun for June class.

Registration begins: 6/6 City 6/13 Non-City.

**Heart Saver CPR Certification**

(Ages: 16 yrs to Adult)

This course will cover CPR for adults and children and will result in certification upon completion of the written test. \*Optional books may be purchases for \$10.

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2110.409	Sat, Aug 19	9:30am-1:00pm
2110.113	Sat, Sep 30	9:30am-1:00pm

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1 Session each at the Dorothy Hart Community Center  
\$35 City and Non-City Resident

Instructor: Tim Carpenter

Registration begins: 6/6 City 6/13 Non-City

**RAD for Adults I**

(Ages: 12 yrs to Adult)

This important "hands-on" program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.

2511..101

Thur, Sept 7 - Sept 28 6:30 -9:30pm

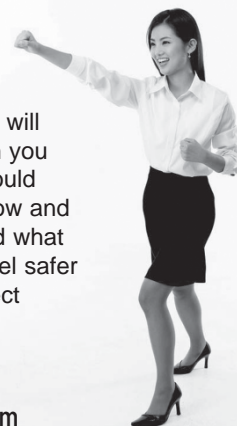
4 Week Session

\$12 City and Non-City Resident

Dorothy Hart Community Center

Instructor: Sheila Jones, Fredericksburg Police Department

Registration begins: 6/6 City 6/13 Non-City

**Stop Smoking**

(Ages: 16 yrs to Adult)

This time you're going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.

2460.401 Mon, Jun 19 7:00pm-9:00pm

2460.402 Mon, Aug 14 7:00pm-9:00pm

1 Week Session each

\$35 City, \$47 Non-City Resident

Dorothy Hart Community Center

Instructor: Nancie Harris

Registration has already begun.

**Volunteers Wanted for Children's Art Expo**

Volunteers are needed to help at the Children's Art Expo. It's a children's event held outdoors in Hurkamp Park. Volunteers will work at various art stations on **Saturday, July 29, 2006. We need you from 9:30am until Noon or from Noon until 2:30pm.** No artistic experience is necessary - just a love for kids and all things messy. What a great way to give to our community! For more information, call Sonja Wise at (540) 372-1086 ext. 215.

**Don't forget the Photo Show!**

Calling All Photographers... You could win a prize for your amateur photographs! Entry deadline is June 8, 2006 - sign up today. Entry forms are available at the Community Center, or online at [www.fredericksburgva.gov](http://www.fredericksburgva.gov). Questions? Call 372-1086 ext. 215.



## Drawing I

(Ages: 16 yrs to Adult)

Always wanted to draw, but never took the time? Make this the summer you learn. Whether you're just a beginner or have some experience and just want to sharpen your skills, this class is for you. We'll be looking at perspective, composition, shading and some other drawing basics. Supply List: - one 18" x 24" newsprint drawing pad, two #2 Pencils, two #3 Pencils, and a hand held pencil sharpener.

### Daytime

4012.402      Thur, Aug 10 - Aug 31      10:00am-12:00pm

### Evening

4012.404      Thur, Aug 10 - Aug 31      7:00pm-9:00pm

4 Week Sessions each

\$36 City, \$48 Non-City Residents

Dorothy Hart Community Center

Instructor: Nancie Harris

Registration begins: 6/6 City    6/13 Non-City



## Acrylics I

(Ages: 16 yrs to Adult)

This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative. This class will have a flower theme. Pick up a supply list when you register. No experience necessary.

### Daytime

4036.403      Wed, Aug 9 - Aug 23      10:00am-12:00pm

### Evening

4036.402      Thur, Jun 22 - Jul 6      7:00pm-9:00pm

3 Week Sessions each

\$36 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Nancie Harris

Registration begins: 6/6 City    6/13 Non-City

## Watercolors I (Daytime)

(Ages: 16 yrs to Adult)

Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. The theme of the class will be a flower theme. Pick up a supply list when you register. No experience necessary. Last class will be held on Mon, July 3rd.

### Daytime

4031.401      Tue, Jun 20 - Jul 3      10:00am-12:00pm  
(last class held on Mon., Jul. 3)

4031.403      Tue, Aug 8 - Aug 22      10:00am-12:00pm

3 Week Sessions each

\$36 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Nancie Harris

Registration begins: 6/6 City    6/13 Non-City

## Watercolor I (Evening)

(Ages: 16 yrs to Adult)

Come and brush up on your talent or start a new hobby. Nancie's watercolor class will teach you the basics of watercolor and help those that are more advanced. There will be a flower theme for this evening class. A supply list will be available at registration. Last class will be held on July 3rd.



### Evening

4031.402      Tue, Jun 20 - Jul 3      7:00pm-9:00pm  
(last class on Mon., Jul 3)

4031.404      Tue, Aug 8 - Aug 22      7:00pm-9:00pm

3 Week Sessions each

\$36 City, \$48 Non-City Resident

Dorothy Hart Community Center

Instructor: Nancie Harris

Registration begins: 6/6 City    6/13 Non-City

## Intro to Hang Gliding

(Ages: 18 yrs to Adult)

Fly like a bird when you experience an introductory hang gliding lesson. A one hour ground school is followed by beginner flights with a United States Hang Gliding Association certified instructor. Lessons provided by Blue Sky and include all necessary equipment.



1900.401 Sat, Jul 1 8:00am-12:00pm  
1900.402 Sat, Aug 5 8:00am-12:00pm  
1900.100 Sat, Sep 2 8:00am-12:00pm

1 Session each

\$99 City and Non-City Resident

Meets at Blue Sky Facility at Manquin flightpark, just outside of Richmond.

Instructor: Steve Wendt

Registration begins: 6/6 City 6/13 Non-City



## Sunset Canoe Float

(Ages: 6 yrs to Adult)

Enjoy a peaceful evening paddling the still waters of Motts Run Reservoir. We'll poke into coves and search the shoreline and open waters for beavers, bats, and osprey while the setting sun paints the sky. Fee includes canoe rental, instruction and delicious refreshments served afloat. Lifevest provided but bring your own if preferred. ALL PARTICIPANTS PAY!! Children must attend with adult, be AT LEAST 6 years old, and able to sit quietly for 2 hours!

6110.402 Sun, Jul 2 7:30pm-9:30pm Instr: Bailey  
6110.403 Sat, Jul 22 7:30pm-9:30pm Instr: Black  
6110.404 Sat, Aug 12 7:00pm-9:00pm Instr: Black  
6110.108 Tu Sa, Aug 29 7:00pm-9:00pm Instr: Bailey

1 Session each

\$9 City and Non-City Resident

Instructor: Linda Bailey or Quinn Black

Motts Run Boat Landing

Registration begins: 6/6 City 6/13 Non-City

## Concepts of Songwriting

(Ages: 16 yrs to Adult)

This class will cover all of the basics that someone would need to get started right away writing their own pop songs. Several different styles will be covered, with charts for chord fingerings on both guitar and piano. Access to a guitar or piano is necessary, and some familiarity with one of those instruments is helpful, but not necessary. Lyric-writing is not covered, but all of the musical aspects of writing a song from start to finish will be, including melody, harmony, form, and style.



4060.401 Wed, Jun 28 - Aug 2 5:00pm-6:00pm  
6 Week Session

\$30 City, \$35 Non-City Resident

Dorothy Hart Community Center

Instructor: Robert Davezac

Registration begins: 6/6 City 6/13 Non-City

## Horseback Riding Lessons

(Ages: 13 yrs to Adult)

This exciting new program is designed for anyone who is interested in learning to ride. You don't need a horse, or special equipment, just a desire to learn and a love of horses. This is a hands on, get in the saddle class that will cover such topics as Novice Horse Safety, Beginning Ground Training, Grooming, Tacking ( understanding variety of horse equipment ) as well as Beginner Riding Skills. A great start for you horse lovers who want to try this beautiful sport. Classes are held out at the lovely White Buffalo Horse Farm in Orange Co. (just off Rt. 20 near Locust Grove). Register early, class size is limited to 6 riders!

Teens 13 yrs to Adults

4351.401 Wed, Jun 21 - Jul 12 6:30pm-7:30pm  
4351.402 Fri, Jun 23 - Jul 14 6:30pm-7:30pm  
4351.403 Wed, Aug 2 - Aug 23 6:30pm-7:30pm  
4351.404 Fri, Aug 4 - Aug 25 6:30pm-7:30pm

4 Week Sessions each

\$120 City, \$140 Non-City Resident

White Buffalo Horse Farm

Instructor: Judy Watson

Registration begins: 6/6 City 6/13 Non-City

Horseback Riding Lessons for Children  
are listed on page 17.